



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

### Quitting Tobacco Is Hard; Let Us Help The Great American Smokeout® is Nov. 15

(Clearfield, Utah) – Davis County Health Department officials urge friends, families, and employers to support smokers in setting aside tobacco for a day for the Great American Smokeout® on Nov. 15, in the hope they will quit for good. Quitting tobacco is hard, but you can increase your chances of success with help and social support.

“If you have a family member who is trying to quit, begin by offering your support,” said Gloria Sawyer, a Community Health Educator for the county health department. “Remind them that two people are stronger than one, and that you are there to help.”

According to Sawyer, families can offer support by being positive and talking about the benefits of quitting rather than just the risks of smoking and by being prepared for difficult moods, or providing information about helpful medications. Kids can help make a personalized quit kit for mom, dad, grandpa or grandma. “The quit kit might include pamphlets, sugar-free gum, low-calorie snacks like carrots and fruit, distractions such as games or puzzles, cards, notes, drawings or photos and a treat like movie tickets for the first day,” Sawyer said.

“Many smokers strongly associate smoking with drinking alcohol or coffee, or a neighborhood hangout,” said Sawyer. “Friends can help smokers avoid temptation by planning activities that vary from the normal routine.” Friends also can help by sending cards or notes on Nov. 15 to encourage quitting, she said.

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## **Page 2 of 2 – Quitting Tobacco Is Hard; Let Us Help**

Davis County Health Department's director, Lewis Garrett, said, "Employers also can help tobacco users quit and have a financial incentive to do so. According to the Centers for Disease Control and Prevention, employers can save an average of \$1,300 in lost productivity and health costs for each employee who quits smoking."

Encourage employees to quit by sharing information about cessation benefits that are available through the company's health plan and by encouraging employees to consider quitting as a group, Garrett said. Offer to host a meeting, with a health department speaker, to talk to employees about helpful strategies. "Join the Great American Smokeout by making your place of business smoke-free for the day," he said.

The American Cancer Society holds the Great American Smokeout® each November to help smokers quit tobacco for at least one day. For information on a inviting a speaker to your worksite, contact Gloria Sawyer at [gyugel@daviscountyutah.gov](mailto:gyugel@daviscountyutah.gov) or call her at 801-525-5072.

"Quitting tobacco is hard. Let us help," said Sawyer. For free and effective smoking cessation resources, call the Utah Tobacco Quit Line (1.800.QUIT.NOW) and visit Utah's Quit net ([utahquitnet.com](http://utahquitnet.com)).

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